

Mud & Mayhem Duathlon

Thetford Forest - Sun 17 March 2013

Posn	Name + Team	Finish Time	Run 1 (Posn)	T1	Bike (Posn)	T2	Run 2 (Posn)
1	Iain Robertson Tri-Anglia	01:20:39	18:11(4)	20:08(2) 01:57(36)	1:00:50(2) 40:42(2)	1:01:28(1) 00:38(17)	19:11(2)
2	M Goodman / D Pointer Team Cycleaid	01:21:01 RELAY	18:07(3)	20:47(4) 02:40(111)	1:01:34(3) 40:47(3)	1:02:01(2) 00:27(2)	19:00(1)
3	Ryan Ostler Ipswich Jaffa Running Club	01:22:01	16:08(1)	18:08(1) 02:00(41)	1:00:33(1) 42:25(6)	1:02:13(3) 01:40(114)	19:48(4)
4	Toby Morrell Tri-Harder	01:25:27	20:29(6)	22:28(8) 01:59(39)	1:04:27(4) 41:59(5)	1:04:57(4) 00:30(6)	20:30(5)
5	Marcus Hawkins Kings Lynn Triathlon Club	01:30:33	20:16(5)	22:00(5) 01:44(20)	1:08:18(9) 46:18(15)	1:08:51(8) 00:33(10)	21:42(8)
6	Benjamin Houghton	01:31:23	23:15(30)	25:51(39) 02:36(107)	1:08:35(10) 42:44(8)	1:09:43(11) 01:08(88)	21:40(7)
7	John Mc Andrew Ely Tri Club	01:32:07	23:03(25)	24:56(25) 01:53(29)	1:06:31(5) 41:35(4)	1:07:11(5) 00:40(25)	24:56(32)
8	Dan Foster	01:32:51	20:58(9)	22:53(10) 01:55(34)	1:10:21(13) 47:28(17)	1:10:59(13) 00:38(17)	21:52(9)
9	Justin Burrell Bedford Harriers Ac	01:32:59	23:15(30)	25:21(28) 02:06(49)	1:07:53(6) 42:32(7)	1:08:29(6) 00:36(14)	24:30(26)
10	Grant Hughes	01:33:29	23:10(28)	25:46(35) 02:36(107)	1:08:51(11) 43:05(9)	1:09:41(10) 00:50(48)	23:48(19)
11	Chris Smith Team Milton Keynes	01:33:31	22:02(13)	24:15(17) 02:13(65)	1:10:01(12) 45:46(13)	1:10:43(12) 00:42(30)	22:48(12)
12	Richard Lewey Crystal Palace Triathletes	01:34:01	22:23(18)	24:31(22) 02:08(56)	1:08:01(7) 43:30(11)	1:08:43(7) 00:42(30)	25:18(36)
13	Jamie Standen Kings Lynn Cc	01:35:05	22:19(17)	24:48(23) 02:29(97)	1:08:08(8) 43:20(10)	1:09:22(9) 01:14(89)	25:43(39)
14	Kevin Murphy West Suffolk Wheelers	01:35:07	17:57(2)	20:15(3) 02:18(71)	1:14:07(18) 53:52(41)	1:15:22(19) 01:15(90)	19:45(3)
15	J Beadle / A Underwood One Trick Pony	01:35:38 RELAY	20:47(8)	22:26(7) 01:39(17)	1:14:00(17) 51:34(28)	1:14:26(17) 00:26(1)	21:12(6)
16	Nick Caley Reepham Runners	01:36:31	22:38(20)	24:26(20) 01:48(24)	1:12:18(15) 47:52(19)	1:12:46(15) 00:28(3)	23:45(18)
17	Chris Seymour Thorney Running Club	01:39:27	23:51(45)	26:22(45) 02:31(101)	1:12:25(16) 46:03(14)	1:13:18(16) 00:53(56)	26:09(45)
18	Michael Niggemann	01:39:29	23:24(35)	25:50(37) 02:26(93)	1:11:35(14) 45:45(12)	1:12:24(14) 00:49(45)	27:05(50)
19	Jay Woods Ely Tri Club	01:39:49	23:14(29)	27:20(65) 04:06(121)	1:14:33(20) 47:13(16)	1:15:23(20) 00:50(48)	24:26(25)
20	James Runham	01:39:53	22:40(22)	24:52(24) 02:12(64)	1:15:06(22) 50:14(22)	1:15:58(21) 00:52(54)	23:55(20)

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Posn	Name + Team	Finish Time	Run 1 (Posn)	T1	Bike (Posn)	T2	Run 2 (Posn)
21	Andrew Pipe Roktri	01:40:25	24:33(51)	26:44(51) 02:11(62)	1:14:29(19) 47:45(18)	1:15:12(18) 00:43(33)	25:13(35)
22	Jesse Jacobson Ely & District Cc	01:40:52	24:22(48)	26:40(49) 02:18(71)	1:14:39(21) 47:59(20)	1:15:58(21) 01:19(99)	24:54(30)
23	Ben Harman	01:41:30	22:13(15)	22:20(6) 00:07(2)	1:16:30(27) 54:10(42)	1:17:54(27) 01:24(106)	23:36(16)
24	Andreas Hansson	01:42:05	21:46(11)	24:08(16) 02:22(81)	1:17:30(29) 53:22(37)	1:19:00(31) 01:30(109)	23:05(13)
25	Andrew Houghton	01:42:06	23:03(25)	25:22(29) 02:19(73)	1:15:39(25) 50:17(24)	1:16:22(24) 00:43(33)	25:44(40)
26	Steve Cuthbert	01:42:24	21:48(12)	23:04(12) 01:16(15)	1:15:06(22) 52:02(29)	1:16:12(23) 01:06(84)	26:12(46)
27	Kate Scotter	01:42:50	23:19(32)	25:27(30) 02:08(56)	1:16:25(26) 50:58(27)	1:17:22(25) 00:57(64)	25:28(37)
28	Ben Sealy	01:42:55	24:31(50)	26:54(53) 02:23(86)	1:17:11(28) 50:17(24)	1:18:04(28) 00:53(56)	24:51(29)
29	Jon Betson	01:43:03	23:49(44)	25:43(31) 01:54(30)	1:18:14(31) 52:31(32)	1:18:53(30) 00:39(21)	24:10(22)
30	Rick Berry Human Performance Unit	01:43:13	23:37(42)	25:45(33) 02:08(56)	1:15:32(24) 49:47(21)	1:17:25(26) 01:53(117)	25:48(42)
31	Richard Piper Rhubarb Racing	01:43:45	22:42(23)	23:36(13) 00:54(13)	1:19:30(35) 55:54(50)	1:20:09(34) 00:39(21)	23:36(15)
32	Nick Searle Thetford Ac	01:44:21	23:45(43)	26:02(41) 02:17(69)	1:18:45(32) 52:43(33)	1:19:36(33) 00:51(53)	24:45(27)
33	Kevin Burgess Tri-anglia Triathlon	01:45:00	22:59(24)	25:14(27) 02:15(67)	1:21:32(45) 56:18(52)	1:22:13(42) 00:41(28)	22:47(11)
34	Kate Sealy	01:45:05	23:31(39)	25:44(32) 02:13(65)	1:19:21(34) 53:37(40)	1:20:17(35) 00:56(63)	24:48(28)
35	Tony Sorensen	01:45:57	23:24(35)	25:45(33) 02:21(78)	1:17:54(30) 52:09(31)	1:18:43(29) 00:49(45)	27:14(51)
36	Dan Coppard	01:46:04	23:04(27)	25:06(26) 02:02(44)	1:20:56(41) 55:50(49)	1:22:00(40) 01:04(80)	24:04(21)
37	Leigh Nobes Reepham Runners	01:46:06	22:38(20)	24:25(19) 01:47(21)	1:21:56(47) 57:31(56)	1:22:29(45) 00:33(10)	23:37(17)
38	Tom Bushell	01:46:29	25:06(59)	27:41(69) 02:35(105)	1:20:51(39) 53:10(35)	1:21:34(38) 00:43(33)	24:55(31)
39	Ray Reeves	01:46:41	26:45(83)	28:32(81) 01:47(21)	1:18:48(33) 50:16(23)	1:19:21(32) 00:33(10)	27:20(54)
40	Andrew Keeble Tri-Anglia	01:47:24	23:30(37)	26:15(43) 02:45(114)	1:20:50(38) 54:35(45)	1:21:54(39) 01:04(80)	25:30(38)
41	Paul Freeston	01:47:28	23:19(32)	25:46(35) 02:27(94)	1:21:22(42) 55:36(48)	1:22:20(43) 00:58(66)	25:08(33)

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Posn	Name + Team	Finish Time	Run 1 (Posn)	T1	Bike (Posn)	T2	Run 2 (Posn)
42	Claire Hotchkiss Brat	01:47:38	24:34(52)	27:10(61)	1:21:28(43)	1:22:26(44)	25:12(34)
43	David Millar	01:47:42	23:31(39)	24:22(18)	1:22:06(49)	1:23:23(52)	24:19(24)
44	Nick Robinson Tri-Anglia	01:48:44	24:30(49)	26:29(47)	1:20:48(37)	1:21:24(37)	27:20(53)
45	Sophie Preece	01:48:54	25:24(66)	27:30(68)	1:22:06(49)	1:22:37(46)	26:17(47)
46	Richard Evans Tri-Anglia	01:49:18	25:40(69)	28:22(79)	1:21:47(46)	1:23:17(51)	26:01(44)
47	Adam Newns	01:49:50	21:45(10)	23:45(14)	1:26:02(62)	1:26:41(61)	23:09(14)
48	Will Jordan	01:50:05	25:08(60)	27:08(59)	1:20:43(36)	1:21:15(36)	28:50(66)
49	James Villette Milton Keynes Triathlon	01:50:06	23:21(34)	25:50(37)	1:22:19(52)	1:23:46(53)	26:20(48)
50	Paula Darlison	01:50:49	24:15(46)	26:39(48)	1:23:51(56)	1:24:56(54)	25:53(43)
51	Rob Davies Cc Sudbury	01:51:08	26:17(75)	29:06(86)	1:22:16(51)	1:23:15(50)	27:53(59)
52	Phil Crisp / Jason Cronin Team Cronin & Crisp	01:51:37 RELAY	27:49(91)	29:56(95)	1:22:02(48)	1:23:08(47)	28:29(65)
53	Mark Lloyd	01:52:30	29:14(105)	31:43(104)	1:22:20(53)	1:23:10(48)	29:20(75)
54	Matthew Kent	01:53:23	25:28(68)	28:06(73)	1:20:55(40)	1:22:01(41)	31:22(90)
55	Tom Halliwell	01:54:12	22:24(19)	24:28(21)	1:22:44(54)	1:23:13(49)	30:59(88)
56	Jonathon Wyatt	01:54:23	27:34(89)	27:50(72)	1:23:50(55)	1:25:22(56)	29:01(70)
57	Mark Jackson Trent Park Running Club	01:54:29	23:31(39)	25:58(40)	1:29:08(76)	1:30:11(76)	24:18(23)
58	Adrian Ebbs Kings Lynn Triathlon	01:54:32	24:52(55)	26:55(54)	1:28:00(69)	1:28:47(68)	25:45(41)
59	Matthew Finch	01:54:55	26:25(77)	28:32(81)	1:26:03(63)	1:26:49(62)	28:06(62)
60	Simon Smith	01:55:09	25:16(63)	27:04(58)	1:25:32(60)	1:26:10(57)	28:59(68)
61	Matthew Stearn	01:55:23	25:54(70)	27:03(56)	1:25:40(61)	1:26:24(60)	28:59(68)
62	Ian White	01:55:44	26:15(73)	26:28(46)	1:24:58(58)	1:26:23(59)	29:21(76)

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Posn	Name + Team	Finish Time	Run 1 (Posn)	T1	Bike (Posn)	T2	Run 2 (Posn)
63	David Hogg	01:56:24	24:59(58)	26:47(52)	1:28:17(70)	1:29:10(69)	
				01:48(24)	1:01:30(81)	00:53(56)	27:14(52)
64	Richard Dolamn Thetford Ac	01:56:39	25:25(67)	27:19(64)	1:29:20(80)	1:29:56(72)	
				01:54(30)	1:02:01(84)	00:36(14)	26:43(49)
65	Joe Freeman	01:56:47	23:30(37)	26:03(42)	1:27:38(68)	1:28:30(67)	
				02:33(103)	1:01:35(82)	00:52(54)	28:17(63)
66	Paul Harrod	01:56:53	24:42(54)	27:15(62)	1:25:01(59)	1:26:20(58)	
				02:33(103)	57:46(59)	01:19(99)	30:33(84)
67	Steven Footer	01:57:20	26:28(78)	28:15(77)	1:28:19(71)	1:29:41(71)	
				01:47(21)	1:00:04(70)	01:22(103)	27:39(58)
68	Marcus Bell Kit Lads	01:57:43	28:37(101)	29:29(91)	1:26:36(64)	1:28:20(66)	
				00:52(12)	57:07(54)	01:44(116)	29:23(77)
69	Paul Bingham Thetford Ac	01:57:52	27:36(90)	30:11(97)	1:29:14(79)	1:29:56(72)	
				02:35(105)	59:03(67)	00:42(30)	27:56(60)
70	Tristan Haskins Ryston Runners	01:58:20	26:16(74)	26:18(44)	1:29:06(75)	1:30:21(77)	
				00:02(1)	1:02:48(87)	01:15(90)	27:59(61)
71	John O'Neill East Coast Riders	01:58:24	20:43(7)	22:34(9)	1:35:22(99)	1:35:51(97)	
				01:51(28)	1:12:48(113)	00:29(4)	22:33(10)
72	Derek Hardy Brat Club	01:58:26	27:52(93)	28:17(78)	1:26:41(65)	1:27:58(65)	
				00:25(7)	58:24(62)	01:17(94)	30:28(83)
73	Ben Andrews	01:59:03	26:54(84)	29:17(89)	1:30:11(82)	1:31:29(82)	
				02:23(86)	1:00:54(75)	01:18(97)	27:34(57)
74	Jon Hart-Smith	01:59:28	25:08(60)	27:15(62)	1:26:59(67)	1:27:32(64)	
				02:07(52)	59:44(69)	00:33(10)	31:56(93)
75	Adam Startin	01:59:37	24:57(57)	27:03(56)	1:28:24(72)	1:29:24(70)	
				02:06(49)	1:01:21(78)	01:00(73)	30:13(80)
76	Mike Garland	02:00:56	25:54(70)	27:48(71)	1:29:13(78)	1:30:03(75)	
				01:54(30)	1:01:25(80)	00:50(48)	30:53(87)
77	Warren Hytch Waveney Valley Ac	02:01:03	27:01(85)	29:11(87)	1:30:34(84)	1:31:17(81)	
				02:10(61)	1:01:23(79)	00:43(33)	29:46(79)
78	Chris Murkin	02:02:04	26:24(76)	27:09(60)	1:30:31(83)	1:31:30(83)	
				00:45(8)	1:03:22(91)	00:59(70)	30:34(85)
79	Barnaby Rugge-Price	02:02:12	26:44(82)	29:12(88)	1:32:46(90)	1:33:49(88)	
				02:28(96)	1:03:34(93)	01:03(77)	28:23(64)
80	David Piper	02:02:28	28:33(100)	30:41(100)	1:29:02(74)	1:30:01(74)	
				02:08(56)	58:21(61)	00:59(70)	32:27(97)
81	Robert De Grey	02:03:03	25:21(65)	28:14(76)	1:31:21(85)	1:32:44(84)	
				02:53(117)	1:03:07(89)	01:23(104)	30:19(82)
82	Richard Stubbings	02:03:14	28:23(97)	30:47(102)	1:32:32(89)	1:33:35(87)	
				02:24(89)	1:01:45(83)	01:03(77)	29:39(78)
	Paul Byron Wimbledon Windmilers	02:03:14	27:51(92)	29:48(94)	1:33:12(92)	1:34:10(90)	
				01:57(36)	1:03:24(92)	00:58(66)	29:04(71)

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	Lee Smith	02:03:14	24:20(47)	27:00(55)	1:29:09(77)	1:30:32(78)	
				02:40(111)	1:02:09(85)	01:23(104)	32:42(102)
	Jonathan Johnson	02:03:14	22:14(16)	23:01(11)	1:24:19(57)	1:25:06(55)	
				00:47(9)	1:01:18(77)	00:47(42)	38:08(114)
	Paul Lawton	02:03:14	22:07(14)	23:56(15)	1:26:50(66)	1:27:30(63)	
				01:49(27)	1:02:54(88)	00:40(25)	35:44(109)
87	Bryan Averde	02:03:50	26:13(72)	28:34(83)	1:29:22(81)	1:30:37(79)	
				02:21(78)	1:00:48(73)	01:15(90)	33:13(103)
88	Ben Harrison	02:04:14	24:34(52)	26:43(50)	1:34:10(94)	1:34:59(92)	
				02:09(60)	1:07:27(103)	00:49(45)	29:15(72)
89	Scott Harries	02:04:20	24:56(56)	27:26(67)	1:34:12(95)	1:35:05(94)	
				02:30(100)	1:06:46(102)	00:53(56)	29:15(73)
90	Dan Doleman Kit Lads Racing	02:04:38	28:37(101)	32:07(109)	1:32:23(88)	1:33:57(89)	
				03:30(120)	1:00:16(71)	01:34(113)	30:41(86)
91	Julian Eyre	02:04:59	25:16(63)	27:47(70)	1:36:26(103)	1:37:32(102)	
				02:31(101)	1:08:39(108)	01:06(84)	27:27(56)
92	Lucy Ransome	02:06:33	27:57(94)	30:01(96)	1:34:17(96)	1:35:01(93)	
				02:04(46)	1:04:16(94)	00:44(38)	31:32(91)
93	Charlotte Smith	02:07:29	26:31(80)	28:26(80)	1:39:26(110)	1:40:07(107)	
				01:55(34)	1:11:00(111)	00:41(28)	27:22(55)
94	John Wright	02:07:35	28:02(95)	28:12(75)	1:28:37(73)	1:30:48(80)	
				00:10(3)	1:00:25(72)	02:11(120)	36:47(113)
95	Rodney Friend	02:08:52	29:53(109)	32:15(110)	1:31:47(86)	1:32:48(85)	
				02:22(81)	59:32(68)	01:01(75)	36:04(111)
96	Patrick Larke Tri-Anglia	02:09:10	25:08(60)	27:24(66)	1:38:52(108)	1:40:11(108)	
				02:16(68)	1:11:27(112)	01:19(99)	28:59(67)
97	Tracey Apperley Newmarket Cycling & Tri	02:09:19	26:40(81)	28:11(74)	1:38:31(105)	1:39:03(104)	
				01:31(16)	1:10:20(110)	00:32(8)	30:16(81)
98	Dan Hall	02:09:31	28:15(96)	30:38(99)	1:35:13(98)	1:36:06(98)	
				02:23(86)	1:04:35(96)	00:53(56)	33:25(105)
99	Helen Martin Tri-Anglia	02:09:35	28:38(103)	30:42(101)	1:39:12(109)	1:40:16(109)	
				02:04(46)	1:08:30(107)	01:04(80)	29:19(74)
100	Jayne Forbes	02:09:41	27:13(87)	29:33(93)	1:35:57(100)	1:37:16(100)	
				02:20(75)	1:06:24(99)	01:19(99)	32:25(96)
101	Bogdan Savoiu	02:09:42	27:09(86)	29:29(91)	1:35:57(100)	1:37:15(99)	
				02:20(75)	1:06:28(100)	01:18(97)	32:27(98)
102	James Arnold	02:10:38	28:32(99)	30:11(97)	1:36:23(102)	1:37:17(101)	
				01:39(17)	1:06:12(98)	00:54(61)	33:21(104)
103	Vikki Edmonds	02:11:20	29:30(107)	31:55(107)	1:38:32(106)	1:39:11(105)	
				02:25(91)	1:06:37(101)	00:39(21)	32:09(94)
104	Natasha Grist York Tavern Cycle Club	02:11:40	28:23(97)	28:47(84)	1:33:06(91)	1:35:16(96)	
				00:24(6)	1:04:19(95)	02:10(118)	36:24(112)

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105	Sara Taylor-Balls Hadleigh Hares	02:12:11	29:02(104)	31:19(103) 02:17(69)	1:38:49(107) 1:07:30(104)	1:39:34(106) 00:45(40)	32:37(100)
106	Kathryn & Craig Trumpess Should Know Better	02:13:16 RELAY	35:26(120)	37:37(119) 02:11(62)	1:32:20(87) 54:43(47)	1:32:58(86) 00:38(17)	40:18(115)
107	Rob Cowling	02:13:40	30:15(112)	33:04(114) 02:49(115)	1:40:49(111) 1:07:45(106)	1:42:06(110) 01:17(94)	31:34(92)
108	Julian Sutton	02:15:30	32:45(116)	34:42(115) 01:57(36)	1:42:18(112) 1:07:36(105)	1:42:58(111) 00:40(25)	32:32(99)
109	Debbie Bowers Tri Anglia	02:15:46	29:55(110)	32:17(111) 02:22(81)	1:42:19(113) 1:10:02(109)	1:43:09(112) 00:50(48)	32:37(101)
110	Fay Sutton Crystal Palace Triathletes	02:18:25	27:30(88)	29:24(90) 01:54(30)	1:34:25(97) 1:05:01(97)	1:35:12(95) 00:47(42)	43:13(119)
111	Andre Dilkes	02:18:26	30:01(111)	32:23(112) 02:22(81)	1:33:16(93) 1:00:53(74)	1:34:49(91) 01:33(112)	43:37(120)
112	Samantha Hughes	02:21:36	35:38(121)	38:40(121) 03:02(118)	1:37:31(104) 58:51(66)	1:38:32(103) 01:01(75)	43:04(118)
113	Elisabeth Peck	02:23:06	30:22(113)	32:42(113) 02:20(75)	1:46:22(114) 1:13:40(114)	1:47:19(113) 00:57(64)	35:47(110)
114	Dave Robertson	02:24:02	31:02(114)	31:50(106) 00:48(10)	1:47:06(115) 1:15:16(115)	1:48:47(114) 01:41(115)	35:15(108)
115	Lucy Temple	02:27:04	29:27(106)	31:49(105) 02:22(81)	1:51:28(116) 1:19:39(118)	1:52:26(115) 00:58(66)	34:38(107)
116	Claire Minns	02:27:21	29:36(108)	31:55(107) 02:19(73)	1:52:49(118) 1:20:54(119)	1:53:49(116) 01:00(73)	33:32(106)
117	Angela Roberts	02:28:57	26:28(78)	28:49(85) 02:21(78)	1:57:05(120) 1:28:16(121)	1:57:48(119) 00:43(33)	31:09(89)
118	Giles Partridge	02:29:07	31:23(115)	36:32(117) 05:09(122)	1:52:17(117) 1:15:45(116)	1:56:44(117) 04:27(121)	32:23(95)
119	Robin Dixon	02:37:33	35:02(119)	38:04(120) 03:02(118)	1:54:35(119) 1:16:31(117)	1:56:45(118) 02:10(118)	40:48(116)
120	Pete Ryles	02:41:03	33:25(117)	35:32(116) 02:07(52)	1:57:25(121) 1:21:53(120)	1:58:19(120) 00:54(61)	42:44(117)
121	Daniel Maggs	03:13:10	41:28(122)	43:11(122) 01:43(19)	1:21:29(44) 38:18(1)	2:24:35(121) 1:03:06(122)	48:35(122)
122	Wendy Larke Wymondham Ac	03:17:45	34:22(118)	36:47(118) 02:25(91)	2:31:49(122) 1:55:02(122)	2:33:04(122) 01:15(90)	44:41(121)
123	Rhiannon Anthony	04:08:10	48:15(123)	50:40(123) 02:25(123)	3:02:00(123) 2:11:20(123)	3:05:00(123) 03:00(123)	1:03:10(123)